



Maine Alzheimer's Demonstration

Name of Project: The Maine Alzheimer's Disease Demonstration Grants to States Project

Name of Organization: Maine Department of Human Services, Bureau of Elder and Adult Services, Augusta, ME

Choices for Independence Principle: Consumer Direction

Description

The AoA Alzheimer's Disease Demonstration Grants to States (ADDGS) program provides funding for grant projects to develop innovative models of care for persons with Alzheimer's disease and their family caregivers. Through its ADDGS grant, the Bureau of Elder and Adult Services in Maine is implementing a three year project to increase access to an array of services provided to caregivers of people with Alzheimer's disease in rural Maine. There are three key components to their work.

First, they have expanded their pilot Caregiver Companion Program (CCP) to rural counties and have added mental health, end of life care and hospice referral services for clients/families affected by Alzheimer's disease served by Home and Community Based Services (HCBS) and Area Agencies on Aging (AAA). Maine's CCP is based on evidence-based research that has demonstrated that a short course of intensive counseling combined with supportive maintenance can have long lasting effects in reducing symptoms of depression among caregivers of dementia patients. The CCP fills this niche by providing individualized support and education to the caregiver through a combination of in-home visits, telephone calls, visits in the community opportunities to participate in activities such as gardening, or other activities based on the needs of the caregiver. The CCP is also an example of an innovative approach to providing consumer-directed services to caregivers of persons with Alzheimer's disease. Within the resources available, the types of services provided as well as their scheduling and duration are tailored to the needs and preferences of the caregiver. The specific menu of services to be provided by the companions is negotiated by the companion and the caregiver.

Second, Maine has also expanded the focus of the Aging and Disability Resource Centers (ADRCs) to include family caregivers. Priority is on increasing end of life care and hospice services in aging programs. In addition, The Project Director for the Maine ADDGS grant is on the steering committee of Maine's ADRC. They have expanded the consumer/provider focus to include a family caregiver focus. They have also incorporated a screening tool developed by the Maine Primary Partners in Caregiving Project to identify caregivers and request permission to refer them to support services available for caregivers of persons with Alzheimer's disease, including the AAAs and the Maine Chapter of the Alzheimer's Association. Finally, Maine is recognizing direct care

workers trained in dementia care in collaboration with the Direct Care Workforce Demonstration.

This project is a collaboration between providers within Maine's Home and Community Based Care System Home and Community Based Care System (HCBS), the aging network, and Real Choice Systems Change Initiatives.

The Maine Alzheimer's Demonstration has been so successful that the ADDGS program's National Resource Center conducted a case study on their success. The case study can be found at:

http://www.aoa.gov/alz/Public/alzabout/Case_Studies/Maine_Case_Study_1_27_06_Final_to_AoA.pdf.

For more information on Maine Alzheimer's Demonstration, please contact Romaine Turyn at (207) 287-9214 or by e-mail at romaine.turyn@maine.gov. The website for the project is http://www.muskie.usm.maine.edu/m_view_project.jsp?id=181

